

Pioneer a July 4 tradition, make some heritage desserts

If you're interested in learning more about American Heritage foods, plan to attend the Taste of History at Greenfield Village in Dearborn 9 a.m. to 5 p.m. Saturday and Sunday, July 24 and July 25.

The two-day event will feature a sampling of 200 centuries of American cooking. For more information, call 271-1620.

Lynn Kall, lead interpreter at the Firestone Farm at Greenfield Village, and her staff will be preparing three recipes in the Firestone Farm kitchen.

"They're all authentic 1880s recipes," said Kall. "One, a White Mountain Cake is from 'The Buckeye Cookbook,' which has recently been reprinted and is available in the gift shop. Another is a lemon-potato pie, and the third is Aunt Kate's molasses cookies, Harvey Firestone's mother's favorite."

"We're not allowed to sell food on the farm, but all three of these desserts will be available in the tasting tents on the grounds."

Here are some American Heritage Desserts to try.

The original instructions for this syllabub, which dates from 1800, called for the bowl to be filled with warm milk straight from the cow. If desired, 2 cups of white wine can be substituted for the mixture of port and sherry.

Pour the port and sherry into a 1½-quart glass or pottery bowl. The bowl should be about ½ in. in the sugar according to taste. Add the milk and stir a little. Leave to stand for about 20 minutes, or until the curd of the milk separates from the wine. Pour the syllabub into individual glasses, spooning the curd on top, and put a spoonful of whipped cream on each serving.

LEMON POTATO PIE

One medium unpeeled boiling potato
One lemon
1 cup sugar
1 cup water
2 pie crusts

Grate one medium unpeeled boiling potato. Grate one lemon, peel and all, saving the juice that runs off, and remove seeds.

Mix potato, lemon, sugar and water. Pour into a pie crust and put top crust in place.

Bake in a hot (about 375 degree) oven until done. At the Firestone Farm they insert a knife to test for doneness.

When it's thick enough to cling to the knife, it's done. Keep in mind that baking wasn't an exact science in the 1880s. The stoves didn't have thermometers, so cooks relied on instinct and experience.

1 teaspoon cinnamon
2 teaspoons baking soda dissolved in 1 cup warm water
2 eggs
6 cups flour

In large bowl, combine brown sugar and lard or shortening. Mix until creamy. Stir in eggs and molasses. Add dry ingredients, alternating with warm water/soda mixture.

Mix until smooth. Drop by teaspoonfuls onto greased baking sheets and bake in a 400 degree oven for about 10 minutes.

Note these cookies are enhanced by a touch of butter icing.

GOOSEBERRY FOOL

1 quart ripe gooseberries, strawberries, blackberries, or raspberries
1 cup sugar
1 cup sugar
1½ cups grated lemon rind
1½ cups heavy cream
½ cup crumbled macaroons

Combine the berries with ½ cup water in a saucepan. Cook over a low heat until fruit is extremely

tender. Remove from heat and work through a sieve to make a smooth puree. While hot, stir in sugar and lemon rind. Set aside to cool. Whip cream until it holds a shape, then fold into the cool fruit puree.

Spoon into a serving bowl, sprinkle with macaroon crumbs, and chill thoroughly. Serves 8.
The author of "Little Women" was so fond of the New England dessert called slump that she named her house in Concord, Mass. "Apple Slump."

LOUISA MAY ALCOCK'S APPLE SLUMP

6 cups apples, pared, cored and sliced
1 cup sugar
1 teaspoon cinnamon
½ cup water
1½ cups sifted all-purpose flour
¼ teaspoon salt
¼ teaspoon baking powder
¼ cup milk

Combine apple slices, sugar, cinnamon, and water in a saucepan with a tight-fitting lid. Heat to the

boiling point. Sift together flour, salt, and baking powder. Stir in enough milk to make a soft dough. Drop dough from a tablespoon onto apple mixture. Cover tightly and cook over a low heat for 30 minutes. Serve warm with New England Nutmeg Sauce, or rich cream. This dessert can be made with various berries as well.

NEW ENGLAND NUTMEG SAUCE

1 cup sugar
1 tablespoon flour
1 cup boiling water
1 tablespoon butter
1 teaspoon nutmeg

Mix together sugar and flour. Stir in boiling water and cook, stirring constantly, until sauce bubbles and thickens slightly. Add butter and simmer gently for 5 minutes. Remove from heat and stir in 1 teaspoon nutmeg. Serve hot.

OHIO PUDDING

4 eggs, well beaten
¼ cup brown sugar
½ cup each mashed cooked

sweet potatoes and carrots or squash
1 teaspoon salt
1 cup fine dry bread crumbs
1 quart milk or light cream
1 teaspoon vanilla extract

Combine the beaten eggs with brown sugar, mashed vegetables, salt, crumbs, milk, and vanilla. Pour into a well-greased 2-quart baking dish. Bake in 350 degree oven 1 hour, 15 minutes, or until a silver knife inserted in the center comes out clean. Eat warm with cold pudding sauce, or when partially cool sprinkle with granulated sugar. Makes about 8 servings.

COLD PUDDING SAUCE

¼ pound of butter or margarine (½ cup)
1 to 1½ cups sifted confectioners' sugar
½ cup heavy cream
1 tablespoon lemon juice or 1 teaspoon grated rind

Beat the butter. Add the sugar, cream and lemon and beat.

Soup, bread, old-time favorites

See Larry Jones' Taste Buds column on Taste front.

In 1794, Thomas Jefferson recorded a bumper crop of peanuts at Monticello, thus fitting for this recipe.

CREAM OF PEANUT SOUP

1 medium onion, chopped
2 ribs celery, chopped
¼ cup butter
3 tablespoons flour
2 quarts chicken stock or broth
2 cups smooth peanut butter
1½ cups light cream
peanuts, chopped for a garnish

Saute the onion and the celery in butter until soft, but not browned. Stir in the flour until well-blended.

Add the chicken stock, stirring constantly, and bring to a boil.

Remove from the heat and puree in a blender or a processor until smooth.

Add the peanut butter and the cream, stirring to blend thoroughly.

Return to low heat and heat until just hot, but do not boil. Serve, garnished with peanuts.

This soup is also good chilled on a hot summer day. Serves 10-12.

According to tradition, Sally Lunn is named after a young girl who in the 18th century "cried" the sweet yeast bread in the streets of Bath.

SALLY LUNN BREAD

1 cup milk

½ cup shortening
4 cups all-purpose flour, divided

½ cup sugar
2 teaspoons salt
2 packages active dry yeast
3 eggs

Preheat oven to 350 degrees 10 minutes before baking begins. Grease a 10-inch tube or bundt pan.

Heat the milk, shortening and ¼ cup water until very warm, about 120 degrees.

The shortening does not need to melt.

Blend 1½ cups flour with the sugar, salt and yeast in a large mixing bowl. Blend the warm liquids into the

flour mixture.

Beat with an electric mixer at medium speed for 2 minutes.

Gradually add ½ cup of the flour and mix well. Add the eggs and beat on high speed for 2 minutes.

Add the remaining flour and mix well. The batter will be thick.

Cover and allow to rise until doubled in bulk, about 1 hour. Beat the dough down with a spatula and turn it into the prepared pan.

Cover and allow to rise until it has increased in bulk by ½, about 30 minutes. Place in preheated oven and bake for 45 minutes at 350 degrees.

Run a knife around the edges and turn it onto a plate to cool. Serves about 6.

SYLLABUB

1½ cups port
1½ cups medium-dry sherry
2½ cups milk
½ cup heavy cream, whipped

AUNT KATE'S COOKIES

2 cups molasses
1 cup brown sugar
½ cup lard or shortening
1 teaspoon ginger

Low-fat from page 1B

dessert, we are well on our way to achieving this goal.

"I'll bet you didn't know that whole milk, skim milk and evaporated skim milk have the same amount of calcium.

Here are some guidelines for healthy eating from the American Heart Association:

■ Brown meats by broiling or cooking in non-stick pans with little or no oil.

■ Chill soups, stews and sauces before serving. Lift off congealed fat. Reheat.

■ Use water-packed canned fish.

■ For sauces and dressings, use low-calorie bases—vinegar, mustard, tomato juice, fat-free bouillon instead of high calorie ones—creams, fats, oils and mayonnaise.

Thicken soups and sauces with cornstarch or flour dissolved in cold liquid or with pureed vegetables instead of heavy cream.

■ Grease pans with non-stick vegetable spray instead of butter or oil.

We want your recipes to make-over for this column. Please send recipes to Kelly Wagonik, Taste/Entertainment Editor, The Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150 or fax recipes via 591-7279.

For a complimentary issue of the "Laura's Fat Free Kitchen" newsletter, send a self-addressed stamped envelope to H.W. Publications, P.O. Box 9324, Livonia 48151-1324. Subscription price is \$12 a year.

COOKING CALENDAR

To get your classes or events listed in this column, send items to be considered for publication to: Kelly Wagonik, Taste Editor, The Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150. Or fax to 591-7279.

and \$50 certificates toward Ethan Allen Purchases. For information, call 261-7780.

■ **BIRMINGHAM JACOBSON'S** Stop by the Birmingham Jacobson's Store for the Home, 336 West Maple, Birmingham, 1-3 p.m. Saturday, July 10 and sample some delicious blended beverages and patio dips for summer-time entertaining. Linda Wells from the Herbal Kitchen shows you how.

■ **KID'S COOKING** Cooking classes for kids — three classes in a session, \$45 per session.

ation, ages 10 to 18, will be offered by Betsy Brethorn of Bloomfield Hills. Classes will be presented throughout the summer. Participants will learn a variety of cooking styles and techniques. To register, or for information, call 640-2920.

■ **SUPERIOR FISH COMPANY** Cooking demonstration 10 a.m. to noon Saturday, July 10 featuring Executive Chef Roger Sutton of Peabody's Restaurant in Birmingham, at Superior Fish, 309 E. 11 Mile Road, Royal Oak. For information, call 641-4832.

LOOKING AHEAD

What to watch for in Taste next week:

■ School's out for summer, but that's no reason to take a vacation from good nutrition. Teachers and moms offer tips for making healthy snack choices.

■ Taste Buds — Children can learn a lot helping you grocery shop, and cook. Chef Larry Jones offers a lesson plan for the summer.

Notice: Public Participation for Regional Long Range Transportation Plan From SEMCOG, the Southeast Michigan Council of Governments

The Southeast Michigan Region is federally mandated to revise its Long Range Transportation Plan (L RTP) as a result of the Intermodal Surface Transportation Efficiency Act. The L RTP looks ahead 20 years at the transportation needs of Wayne, Oakland, Macomb, St. Clair, Monroe, Livingston and Washtenaw Counties.

This plan is being revised with input from federal, state and local government levels and must be completed by October 1, 1993. Local elected officials will make decisions about how to prioritize spending of transportation dollars for road reconstruction, road improvements and the building of new roads. Policy decisions must also be made about other forms of transportation — buses, airports, bicycles and trains — for example. In addition, the 1990 Clean Air Act identifies Southeast Michigan as a moderate non-attainment area. The L RTP must support efforts to reduce regional hydrocarbon emissions by 15% by 1996 as required by the Clean Air Act.

Public participation is a vital ingredient in the revision of the L RTP. Elected officials must have some sense of the public will if a comprehensive plan is to be developed that addresses regional transportation needs.

A public information meeting will be held to provide an opportunity to comment on roadway deficiencies. The meeting will be held:

• Thursday, July 1, 1993, 1:30 p.m., at the Southeast Michigan Council of Governments office, 660 Plaza Drive, Suite 1900, Detroit. For additional information contact John Rempala, at 313-961-4266.

Written comments are also welcome. SEMCOG, 660 Plaza Drive, Suite 1900 Detroit, MI 48226. Public: June 28, 1993

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